



NASA EmbodyHealth Progress Report

***Presented by:
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December 7, 2007

Agenda

- EmbodyHealth key Metrics
- Health Risk Appraisal Results
- Communications Review
- Opportunities and Recommendations
- Tour of EmbodyHealth

Year In Review

■ Program overview

- EmbodyHealth launched in January 2007
- NASA-wide promotional email distributed in February 2007
- Promotions were conducted by select Centers
- Small gifts offered to first 1,000 HRA participants

■ Key practices

- Health promotion champion identified at each center
- Presentations at VITS meetings
- EmbodyHealth featured at annual NASA OH Conference

The background of the slide features a light blue grid pattern. Overlaid on this grid are several white circles of varying sizes, some of which are partially cut off by the edges of the frame. The overall aesthetic is clean and modern, typical of a corporate or academic presentation.

EmbodyHealth

Key Metrics

Key Metrics: Portal Registrations

I am	# of Registrations	% of Total Registrations
Civil Servant	2,243	83%
Contractor	379	14%
Spouse, Dependent, Domestic Partner	49	2%
Other	33	1%

- Eligible population = 15,000
- Total # of registrations = 2,704
- 18% of population has registered to date

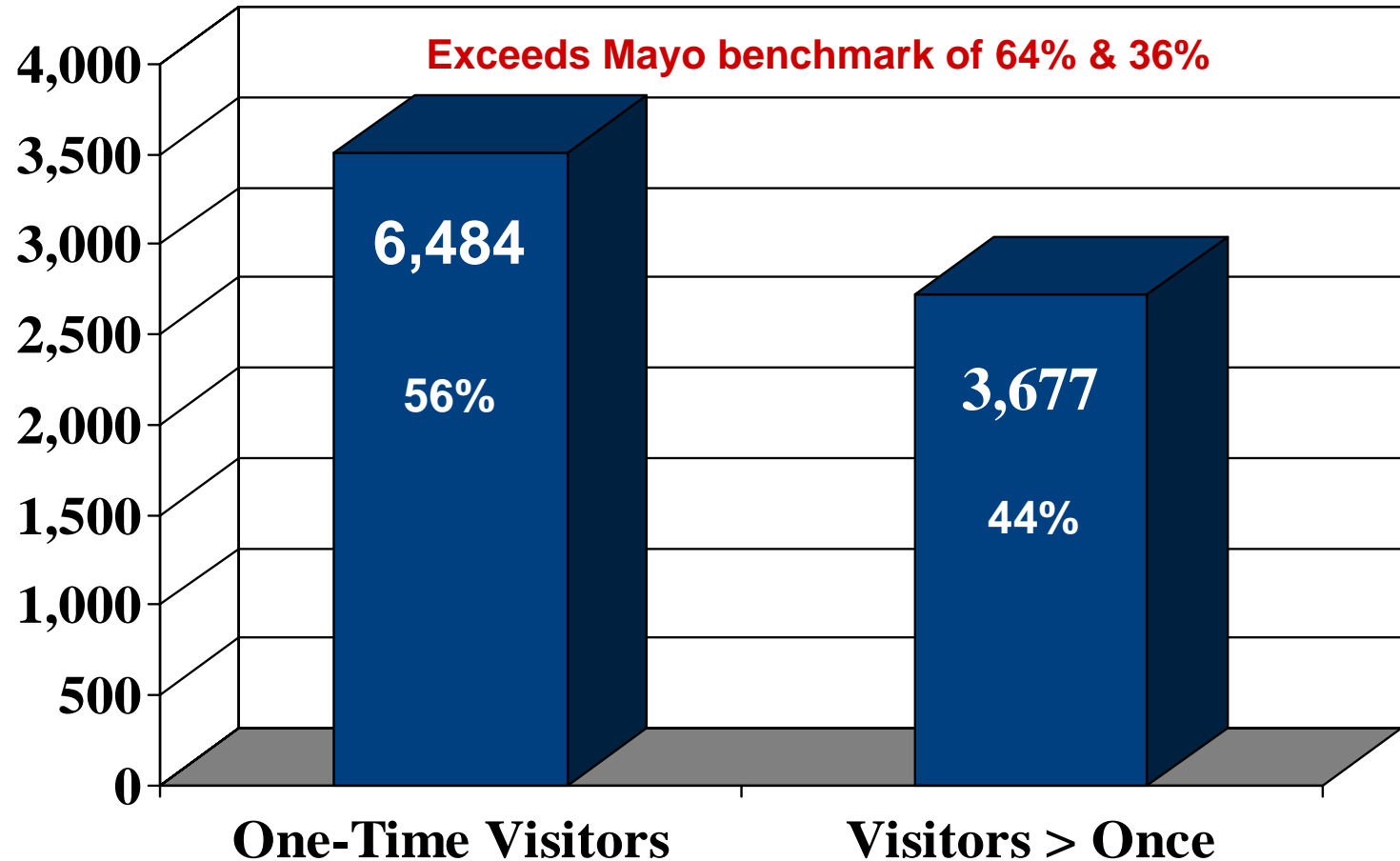
Key Metrics: Portal Registrations by Center

Center	Registrants
Kennedy Space Center	477
Goddard Space Flight Center	356
Marshall Space Center	356
Stennis Space Center	280
Johnson Space Center	271
Langley Research Center	249
Glenn Research Center	228
Ames Research Center	179
Headquarters	172
Wallops Flight Facility	53
Dryden Flight Research Center	36
NASA Shared Services	25
White Sands Test Facility	9
Jet Propulsion Laboratory	8
Michoud Assembly Facility	5

Key Metrics: Portal Use by Visits

Metric	2007 (January 1 - December 4)
Total number visitors	6,229
Total number visits	18,652
Average number visits per day	55
Average visits per visitor ▪ <i>Exceeds Mayo Benchmark of 2.65</i>	2.99
Average visit duration ▪ <i>Exceeds Mayo Benchmark of 8 minutes</i>	10:34 min.

Key Metrics: Visitor Frequency



Key Metrics: Top Five Most Visited Areas of Content

Content Topic
Health Risk Appraisal
EmbodyHealth Messages
NASA Healthier You
Monitor My Health
Healthy Weight

Key Metrics: Behavioral Programs

Program	2007 Enrollees
Healthy Weight	173
Fitness for EveryBody	87
My Stress Solution	65
My Smoke-Free Future	10
Healthy Pregnancy	7

EmbodyHealth This Week (online newsletter) subscribers = 2,274 (84% of registered)
NASA has one of the highest participation rates!

Health Risk Appraisal (HRA) Results

2007 HRA Participation

- HRA Participation = 1,560 or 10% of eligible
- Civil servants represent 82% of participants
- Age/Gender:
 - 36% of participants were 40-49 years of age (Mayo: 30%)
 - 38% of participants were 50+ years of age (Mayo: 30%)
 - Males represent 53% of participants (Mayo: 45%)
 - Females represent 47% of participants (Mayo: 55% females)
- Those with 0-5 NASA years of service experienced the highest HRA participation (n=408)

HRA Data Available by Center

Total Participant Number Must Be > 50

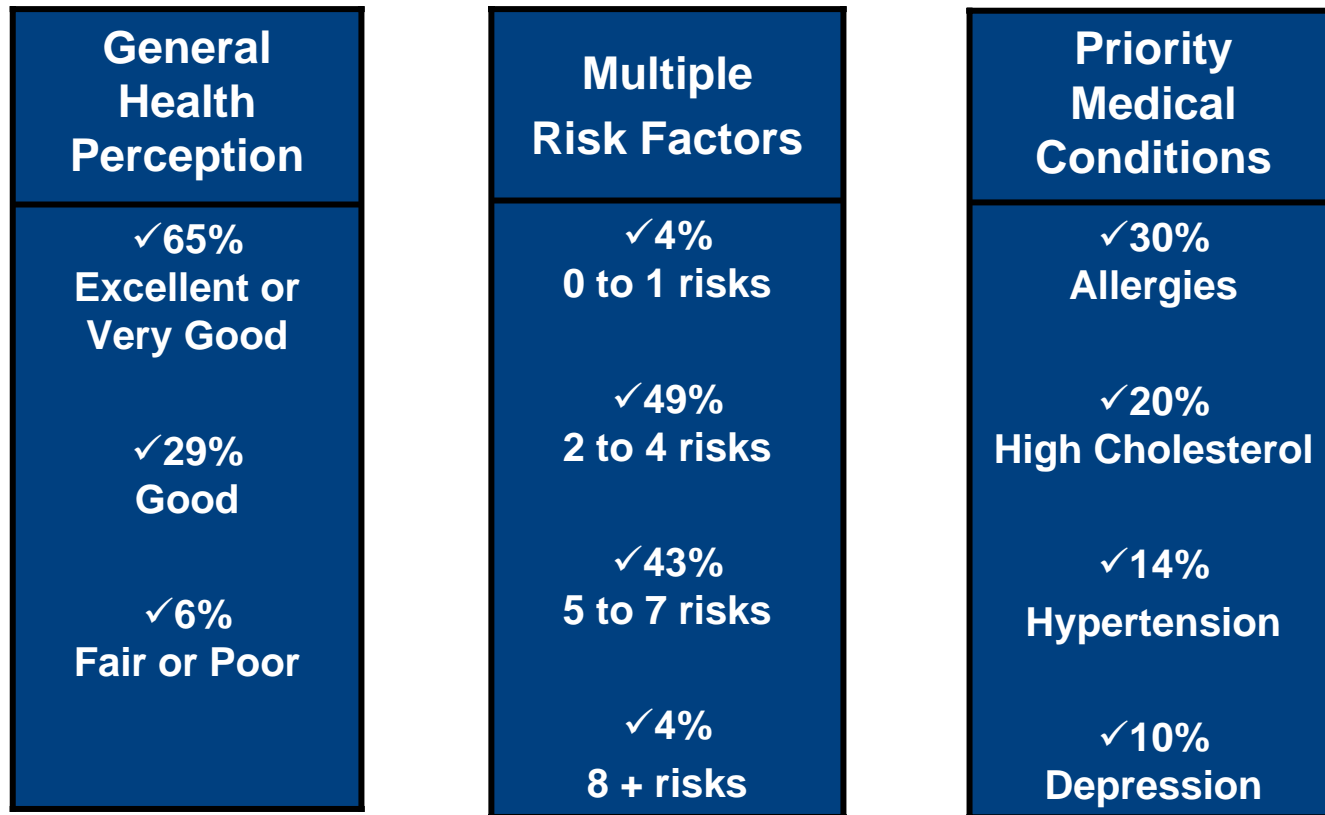
- Demographics
- Health perception
- Medical conditions
- Medications
- Risk factor prevalence
- Risk factor categories
- Readiness to change

HRA Participation by Center

Center	HRA Participants	% Participation
Kennedy Space Center	282	13%
Marshall Space Center	213	8%
Stennis Space Center	205	87%
Goddard Space Flight Center	194	7%
Johnson Space Center	146	5%
Langley Research Center	136	7%
Glenn Research Center	124	7%
Headquarters	94	7%
Ames Research Center	90	7%
Wallops Flight Facility	28	11%
Dryden Flight Research Center	22	5%
NASA Shared Services	9	8%
White Sands Test Facility	7	11%
Michoud Assembly Facility	3	0.07%
Jet Propulsion Laboratory	2	0.03%

Risk Stratification Perspective

Risk stratification begins with the HRA. Below, are your 2007 results.

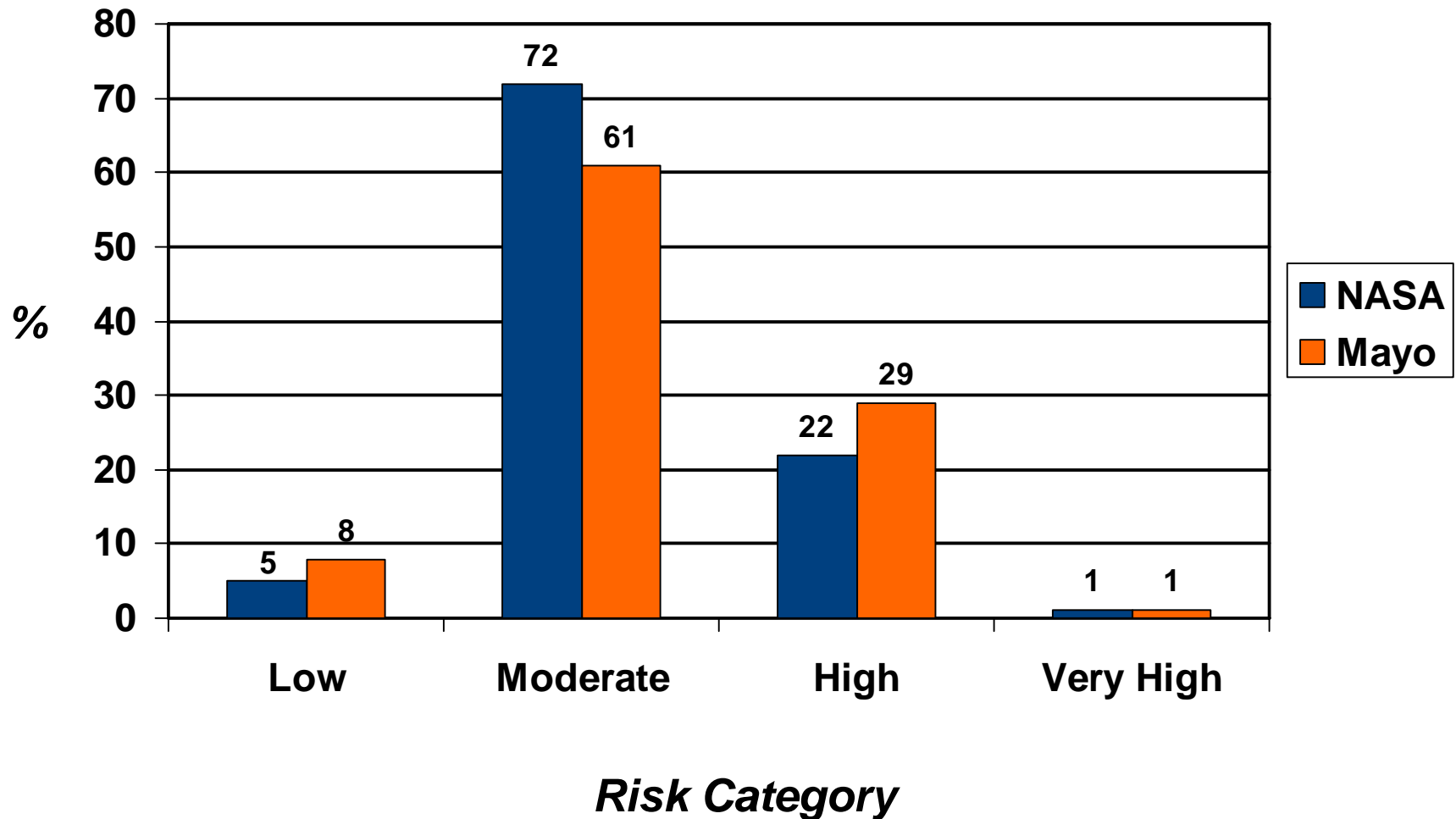


Risk Stratification

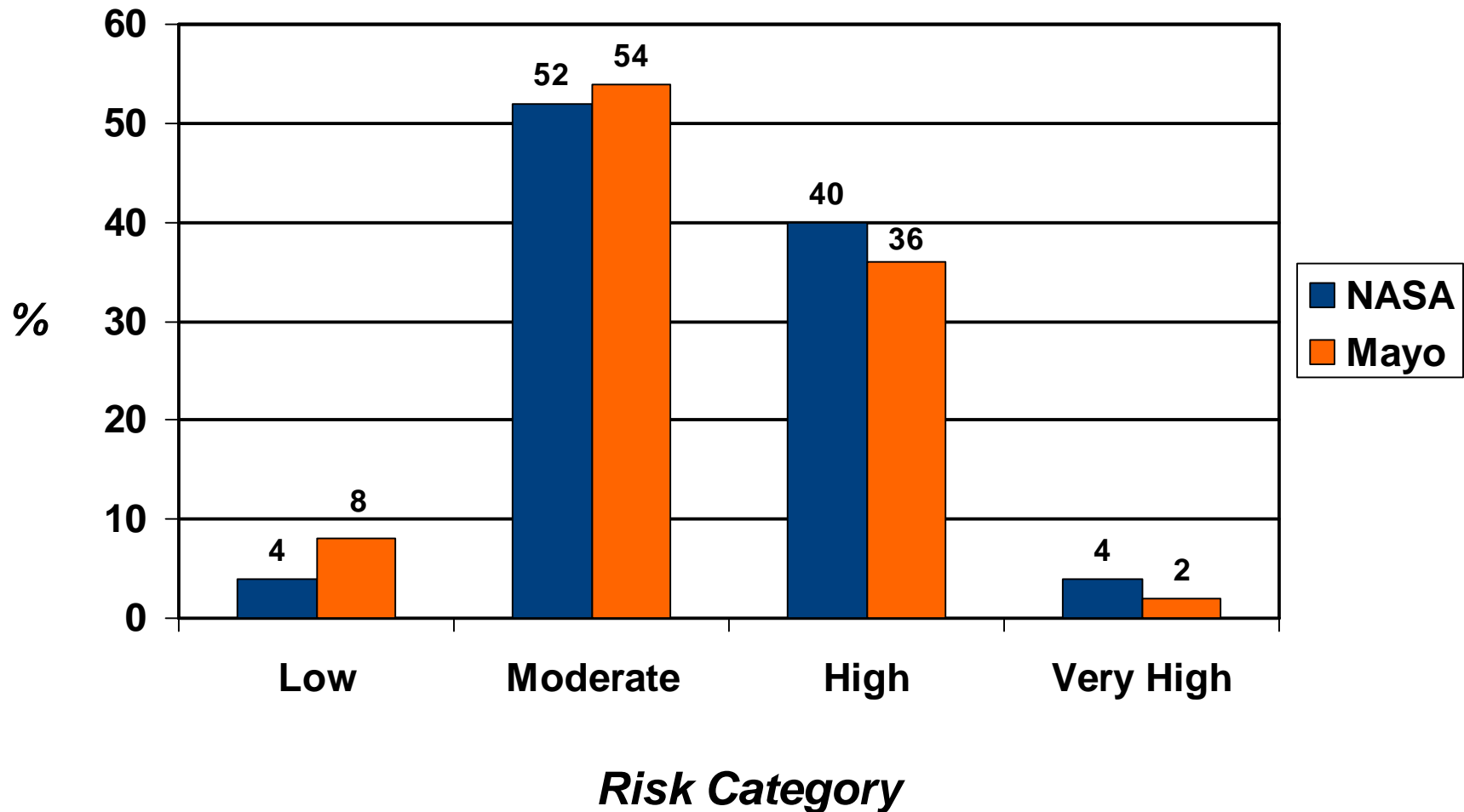
Book-of-Business Comparison

Risk Level	NASA 2007	Mayo 2007
Low (0 or 1 risk factor)	4%	6%
Moderate (2-4 risk factors)	49%	51%
High (5-7 risk factors)	43%	40%
Very High (8 or more risk factors)	4%	3%

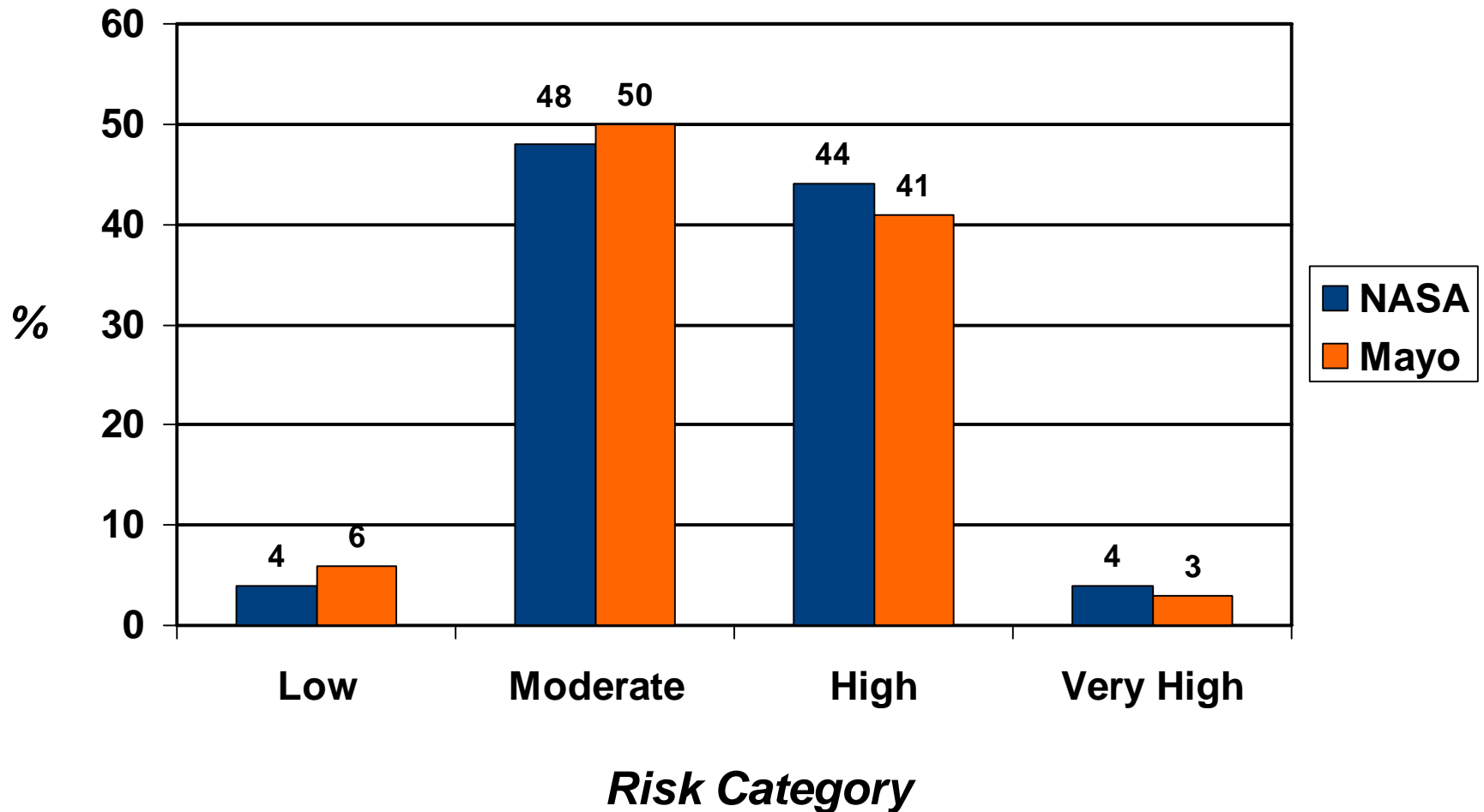
Risk Category Comparison – *18-29 Age Group*



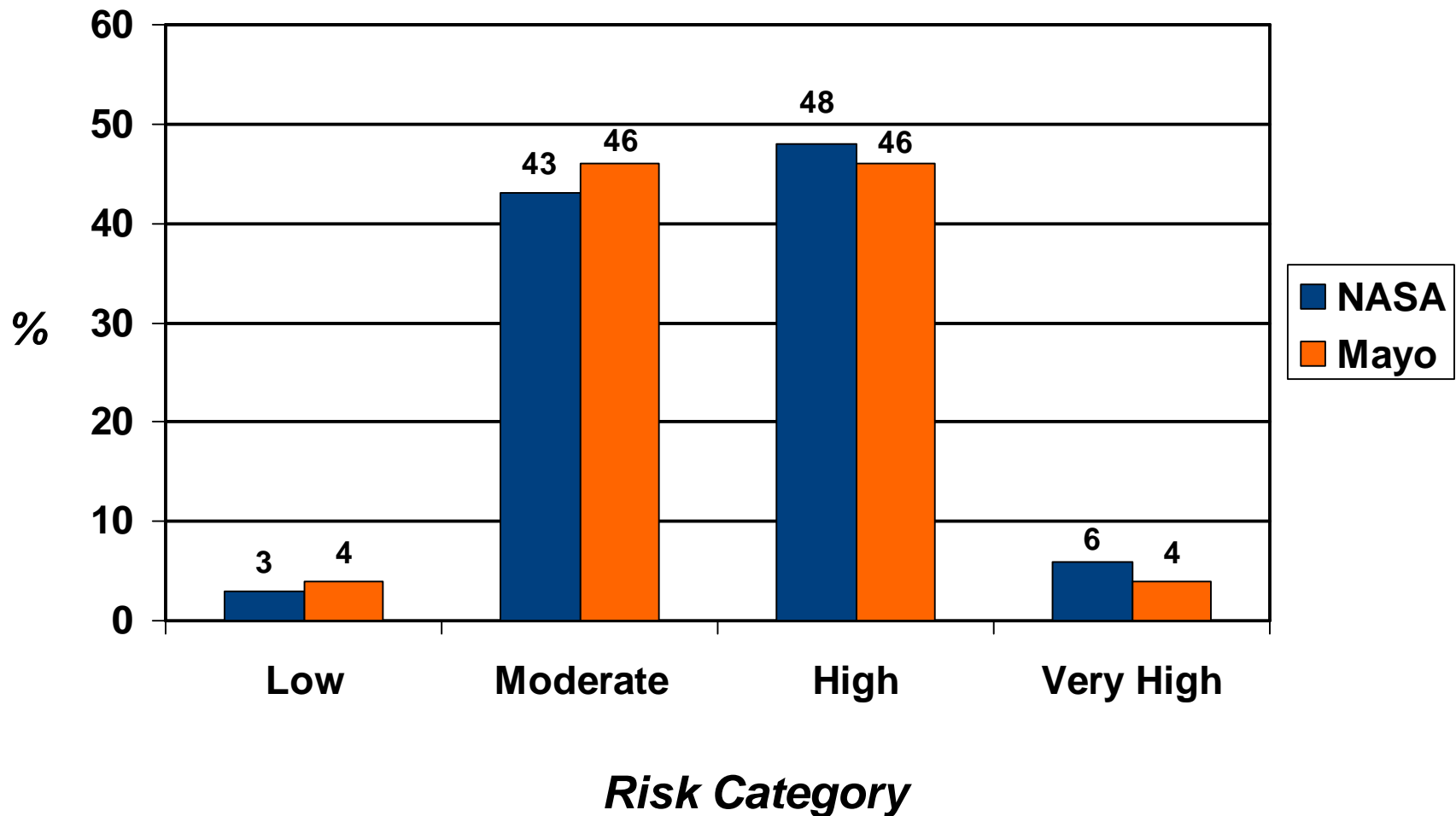
Risk Category Comparison – 30-39 Age Group



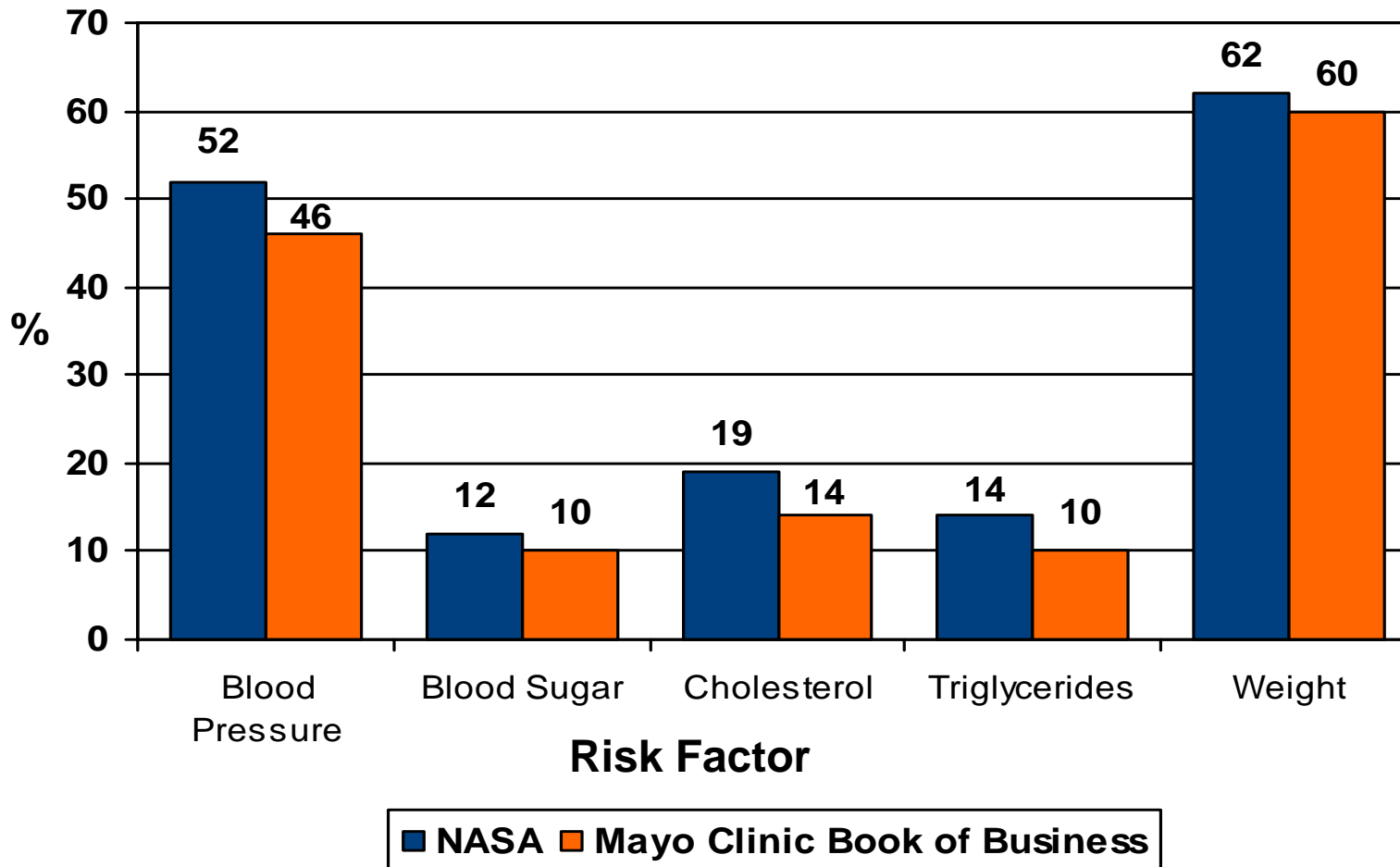
Risk Category Comparison – 40-49 Age Group



Risk Category Comparison – *50+ Age Group*

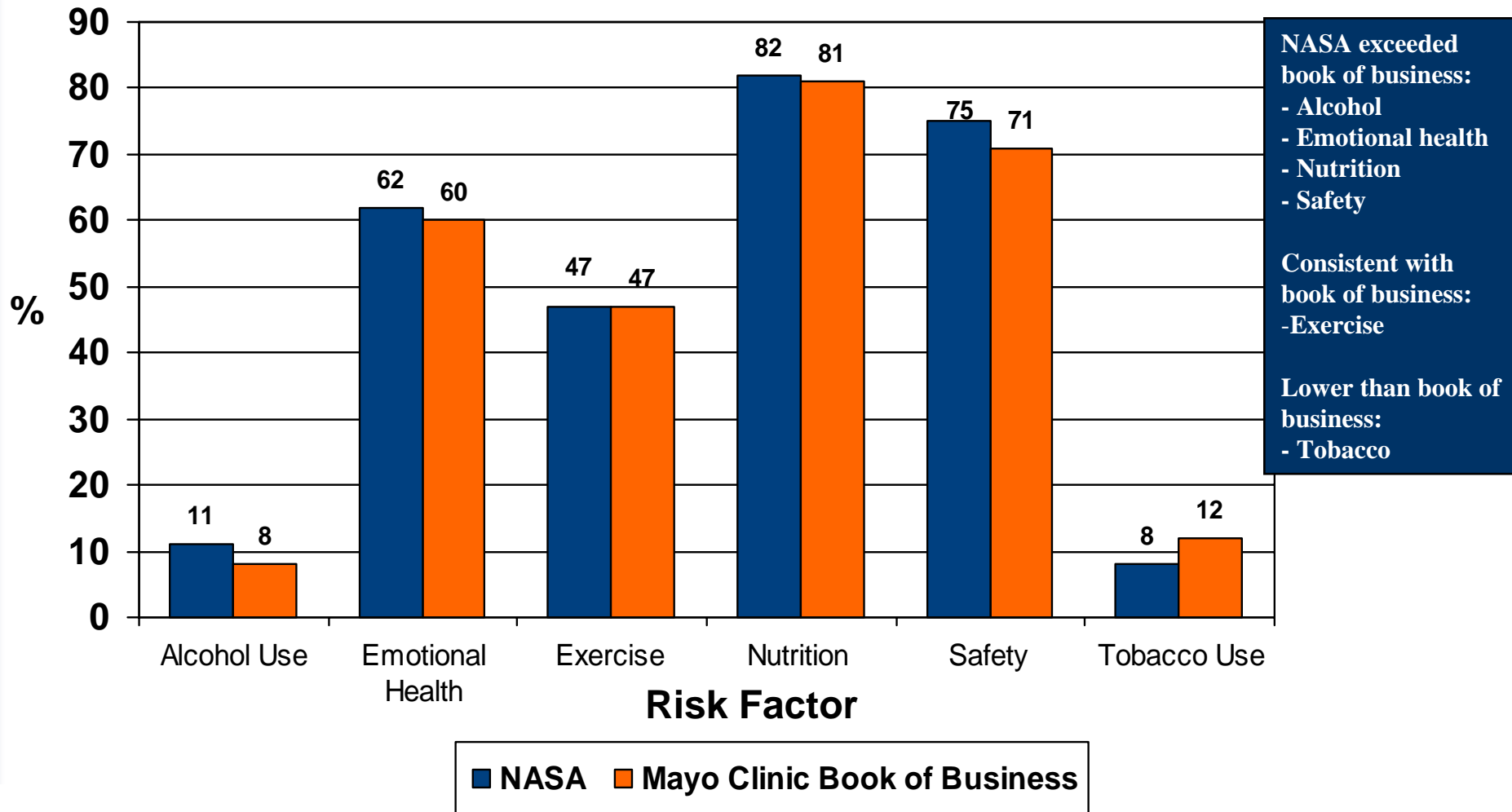


Medical Risk Factors – *Total Population*



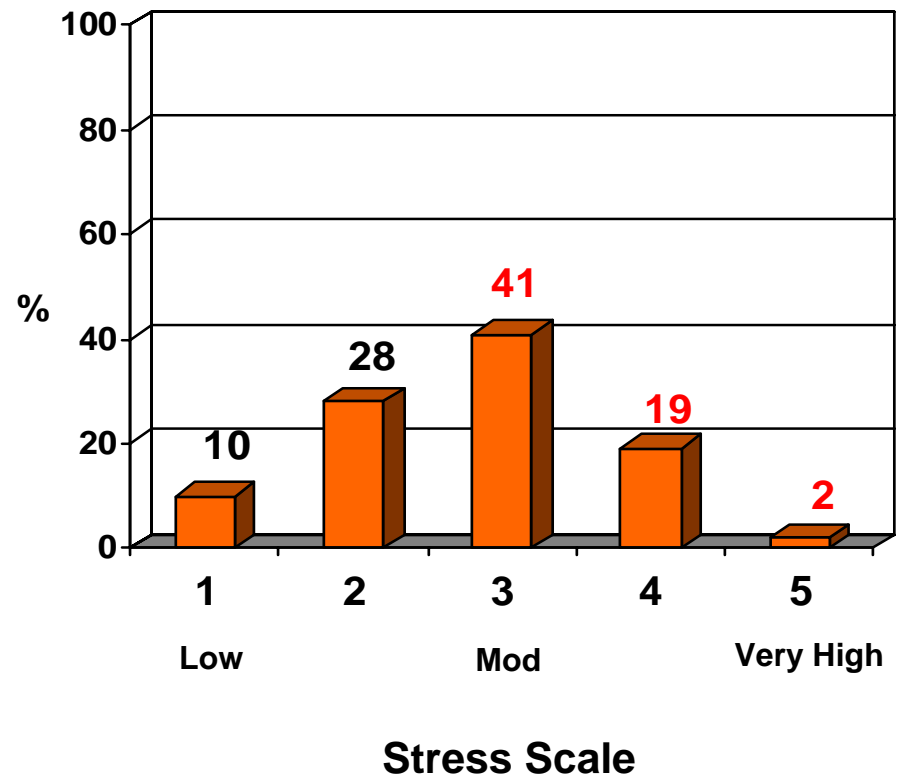
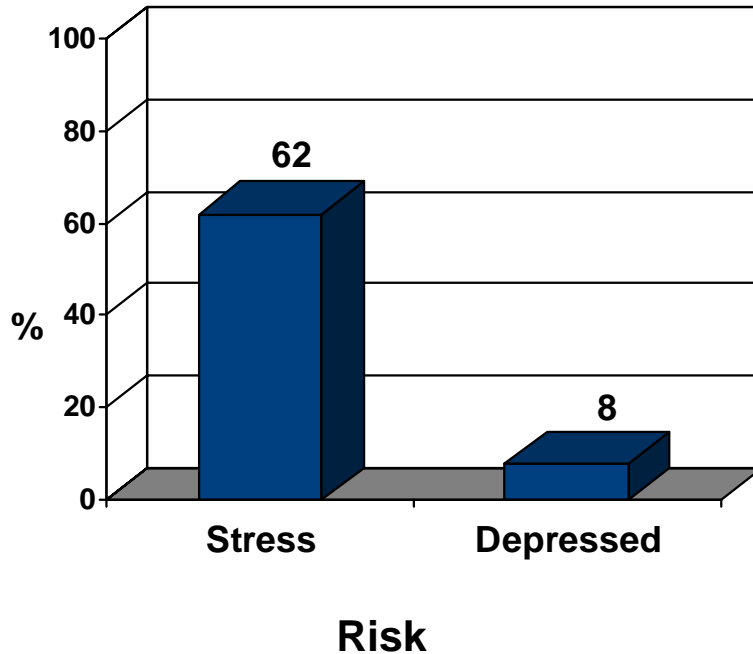
**NASA
exceeded
book of
business for
all risk
factors.**

Lifestyle Risk Factors – *Total Population*

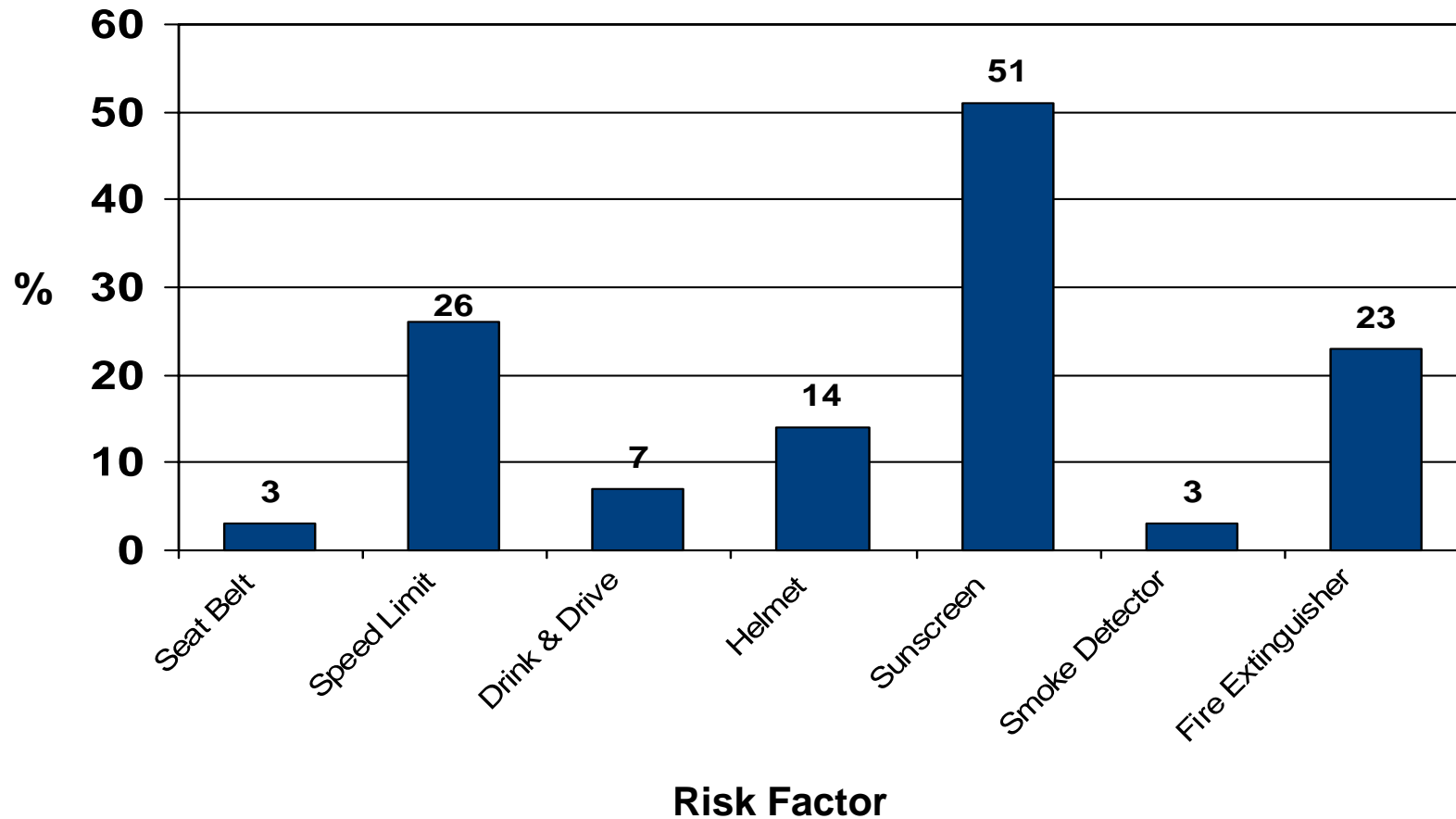


Emotional Health – A Closer Look

Definition: Emotional health is a risk if the participant is depressed (feeling sad or blue) and/or scored moderate to very high for stress.



Safety – A Closer Look



Lack of
sunscreen use
was the driver
for the safety
risk.

Risk Factor by Age Bands – *NASA Compared to Mayo*

<i>Risk Factor</i>	<i>Age 18 to 29</i>	<i>Age 30 to 39</i>	<i>Age 40 to 49</i>	<i>Age 50+</i>
	NASA / Mayo %	NASA / Mayo %	NASA / Mayo %	NASA / Mayo %
Alcohol Use	14 / 10	12 / 6	11 / 7	9 / 7
Blood Pressure	25 / 26	39 / 36	52 / 47	64 / 62
Blood Sugar	2 / 3	9 / 7	11 / 10	18 / 17
Cholesterol	5 / 6	13 / 11	22 / 15	23 / 19
Emotional Health	59 / 60	70 / 64	63 / 62	59 / 55
Exercise	32 / 39	48 / 46	49 / 48	49 / 51
Nutrition	86 / 84	85 / 82	83 / 82	79 / 78
Safety	85 / 80	83 / 73	71 / 70	71 / 66
Tobacco Use	8 / 14	7 / 11	7 / 13	9 / 10
Triglycerides	4 / 4	8 / 9	15 / 11	19 / 14
Weight	46 / 46	56 / 56	63 / 63	68 / 69

Identifying the Opportunities

Risks Most Ready to Change	2007
Exercise	16%
Weight	14%
Nutrition	13%
Stress	3%

Top Medical Conditions

Medical Conditions	2007
Allergies	30%
High Cholesterol	20%
High Blood Pressure	14%
Depression	10%

Top Medical Conditions – *By Age Group*

Age 18 to 29	2007
Allergies	27%
Asthma	11%
Migraines	7%
Depression	6%

Age 30 to 39	2007
Allergies	32%
High Cholesterol	14%
Depression	11%
Asthma	9%

Age 40 to 49	2007
Allergies	31%
High Cholesterol	21%
High Blood Pressure	14%
Asthma	11%

Age 50+	2007
Allergies	31%
High Cholesterol	21%
High Blood Pressure	21%
Arthritis	15%

Top Medications

Medical Conditions	2007
Allergies	16%
High Blood Pressure	15%
High Cholesterol	13%
Depression	7%

Custom Questions

Have you ever utilized NASA Occupational Health Clinic services such as: flu vaccination, allergy shots, Health Maintenance Exams, or consulting with a health care provider?

Response	%
Yes	85%
No	13%
N/A	2%

Have you ever utilized the NASA-sponsored Employee Assistance Program services?

Response	%
Yes	23%
No	74%
N/A	3%

Have you ever utilized one of the onsite fitness facilities, either at your own Center or while on temporary duty?

Response	%
Yes	67%
No	31%
N/A	2%

Overall, have you found the Mayo Clinic HRA and the Web site useful tools in understanding your health risks?

Response	%
Yes	70%
No	4%
N/A	26%

Communications Review

Portal Visitors – 2007 YTD

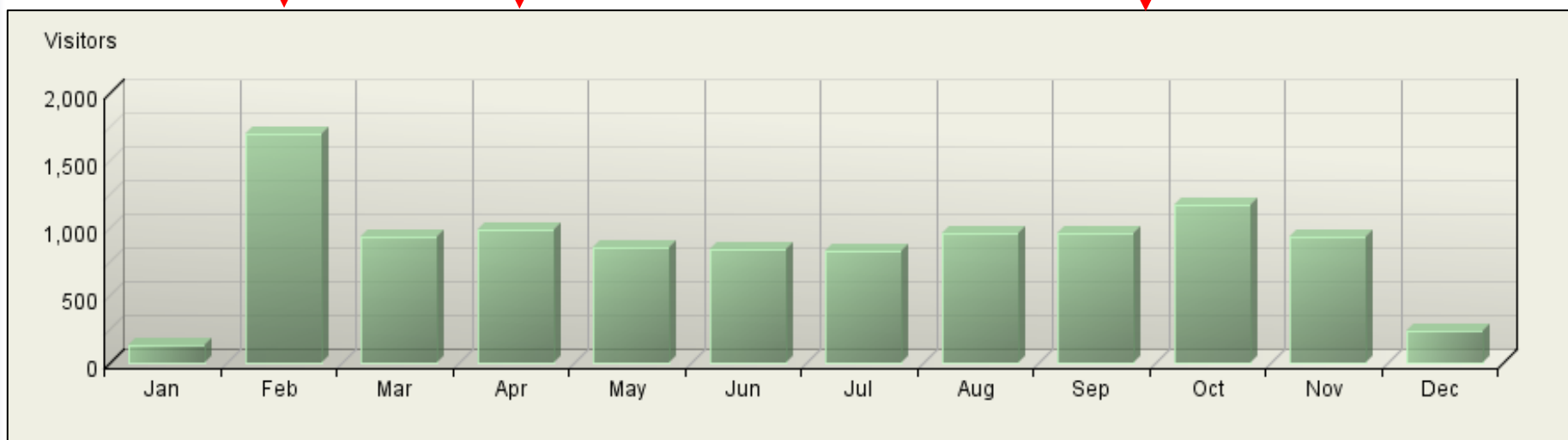
Promotion



Promotion

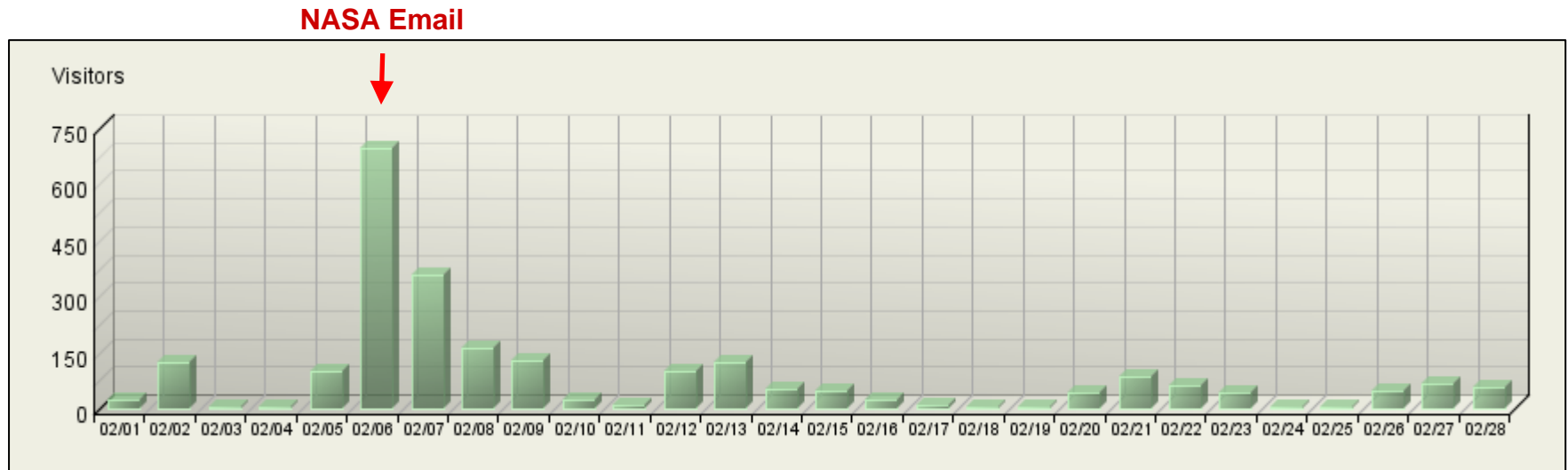


Promotion



Portal Visits: February 2007

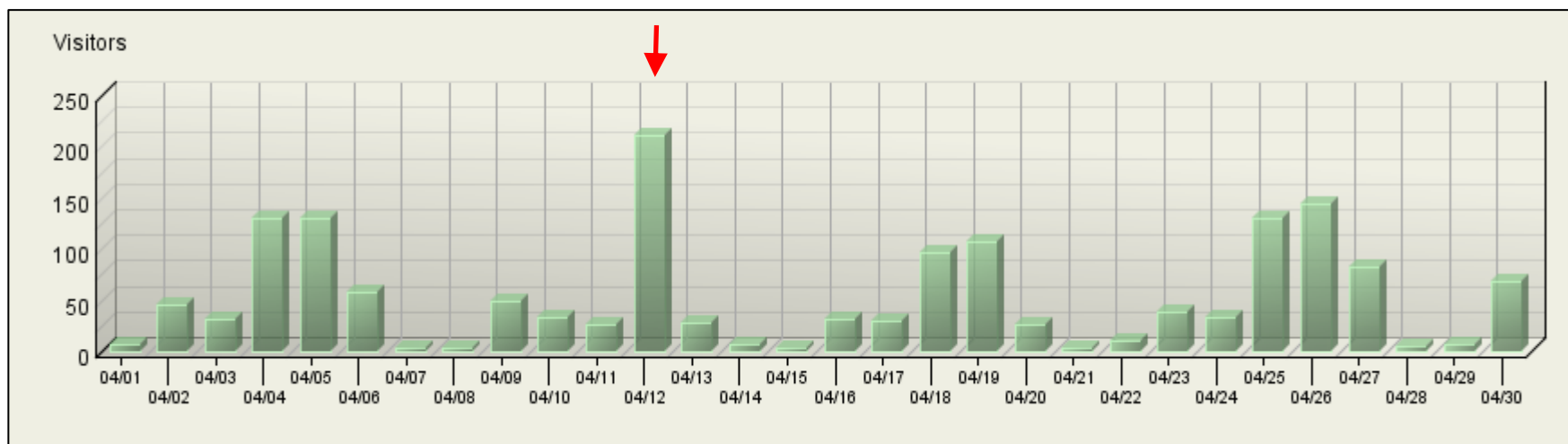
Metric	February
Total # of Visitors	1,695
Average # Visits/Day	101
HRA Completion	860 (55% of total)



Portal Visits: April 2007

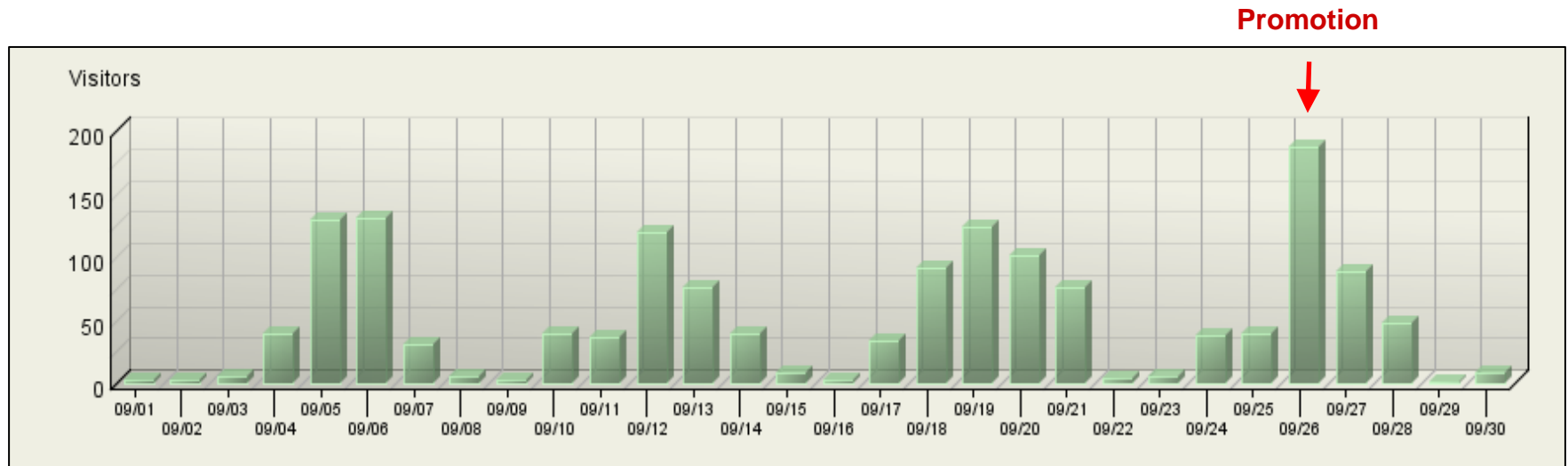
Metric	April
Total # of Visitors	982
Average # Visits/Day	58
HRA Completion	155 (10% of total)

Promotion



Portal Visits: September 2007

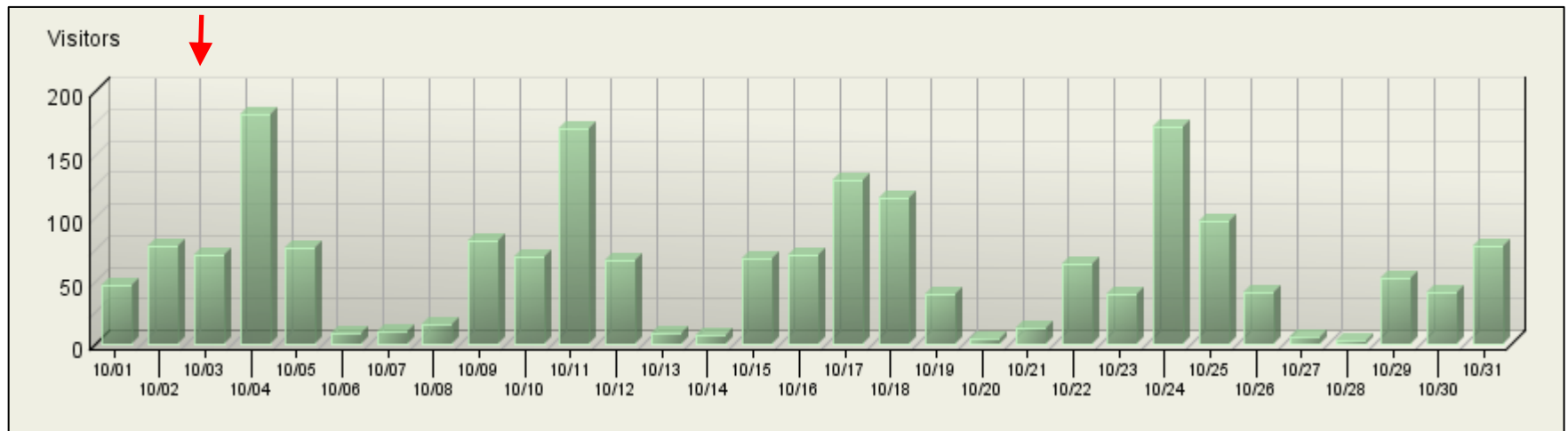
Metric	September
Total # of Visitors	964
Average # Visits/Day	56
HRA Completion	61 (4% of total)



Portal Visits: October 2007

Metric	October
Total # of Visitors	1,168
Average # Visits/Day	69
HRA Completion	139 (9% of total)
Stennis Space Center completed 169 HRAs in Sep, Oct & Nov = 79% of their total	

Residual from Promotion



Opportunities & Recommendations

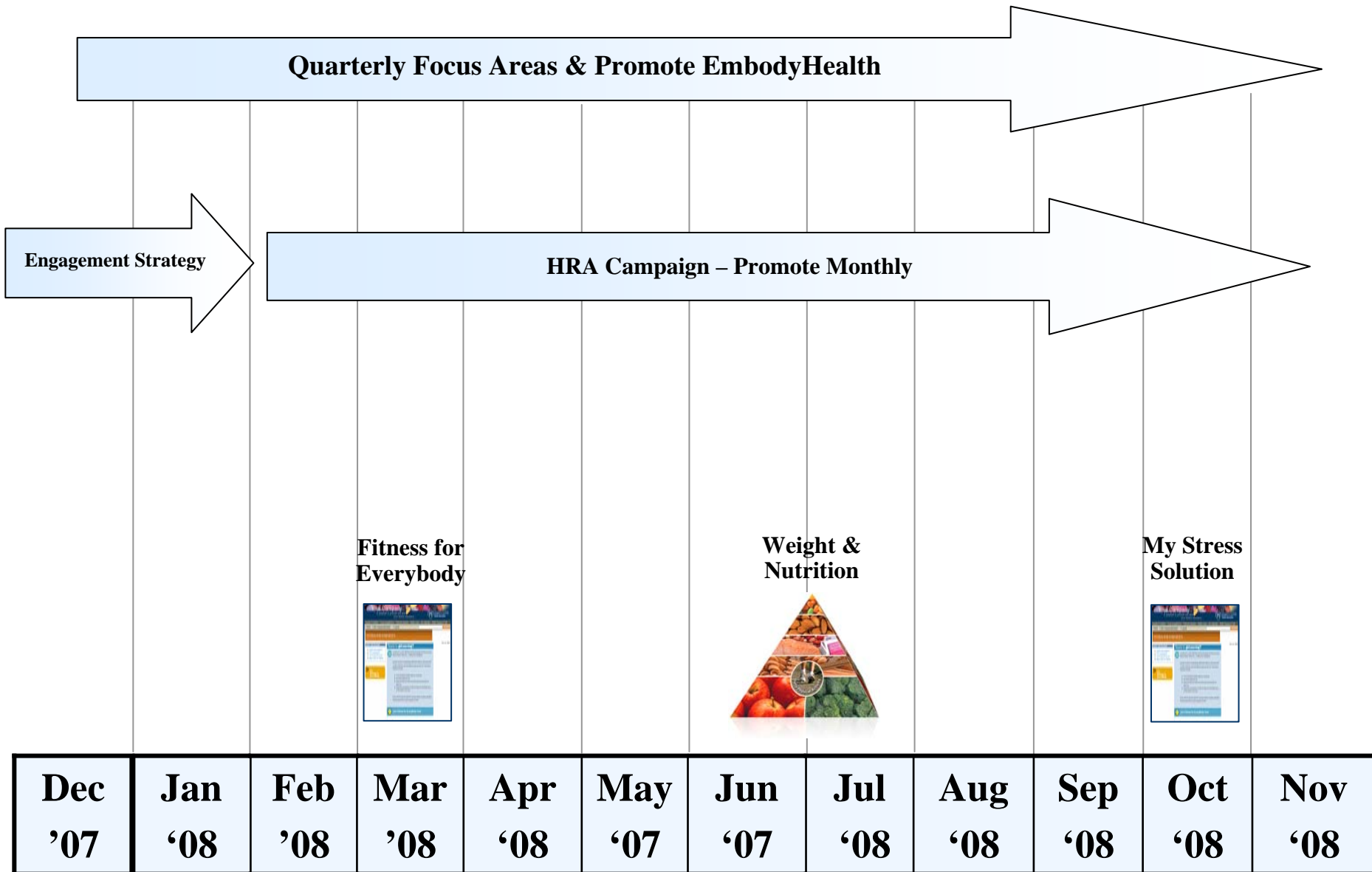


Mayo Clinic
Health Solutions

Opportunities & Recommendations

- Increase HRA participation
 - NASA Occupational Health senior leadership communicate importance of HRA
 - NASA Occupational Health establish an HRA completion goal for 2008 (30%)
 - Each Center directed to achieve the 30% HRA completion goal
 - Monthly conference calls to gauge progress and learn best practice
 - Creative incentives
- Develop and implement a detailed communication strategy
 - Each Center required to promote EmbodyHealth & HRA monthly
 - Promotions need to be frequent, creative, and multi-modal
- Develop an intervention strategy – focus on priority risks
 - Exercise, weight, nutrition, and stress
- Promote EmbodyHealth programs, tools, and resources monthly or quarterly

NASA Engagement Calendar



Looking Ahead

1. Short-Term Strategy

- Develop engagement strategy
- WLQ analysis report in January/February

2. Long-Term Strategy

- Develop strategy to engage participants to change behavior after HRA completion

Discussion

